

The Cedar Lane Unitarian Universalist Church
Religious Education Council

presents

Spring "B" 2008

Five Sundays, April 20 through May 18, 10:00 a.m. to 11:15 a.m.

Continental Breakfast 9:15 to 10:00
Activities and Church Service 10:00 to 11:15

in Just -
spring when the world is mud-
luscious the little
lame balloonman

whistles fat and wee

and running from marbles and
piracies and it's
spring

when the world is puddle-wonderful

the queer
old balloonman
fat and wee
and betty and isbel come dancing

from hop-scotch and jump-rope and

it's
spring
and

the
goat-footed

balloonMan whistles
far
and
wee

e.e. cummings

Cedar Lane's Spring "B" is 36 years old! Over the years people have met new friends, tried their hands at new skills and discovered new connections at Cedar Lane. Spring "B" is a unique multi-generational experience that celebrates our talents and our gifts. Join us!

About Spring "B"

Continental Breakfast is served by members of our senior high youth group, between 9:15 a.m. and 10:00 a.m. each Sunday in the lounge. The proceeds are used to support youth attendance at General Assembly.

Classes/Activities for Children, Youth and Adults begin at 10:00 a.m. and end at 11:15 a.m. Some classes/activities are designed for whole family participation. Others are planned for a more age-limited enrollment. A family may choose to enroll in an activity together or as individuals.

The Church Worship Service: Inspirational and engaging services on Sunday mornings at 10:00 a.m. will feature:

- April 20: "Reflections and Celebration" presented by our Cedar Lane graduating seniors; a much-loved service each year.
- April 27: Roger Fritts
- May 4: Roger Fritts
- May 11: Singing the Journey: "Unitarian Universalist Church Architecture" Roger Fritts
- May 18: "50th Anniversary of the Dedication of the Building," Roger Fritts

This Year's Spring "B" Concludes with a Special All Church Celebration Lunch on May 18: All ages, little ones to older ones, are invited to celebrate the 50th anniversary of the dedication of the Cedar Lane Unitarian Universalist Church building with a free catered lunch in the auditorium and lounge immediately following Spring "B" classes and the church service honoring our church building and its history. Come for good food, fellowship, Spring "B" class performances, big screen pictures of Cedar Lane today and yesterday; delicious, homemade, hand-cranked Nissley family ice-creams for children; and in the chapel a movie depicting the founding in the 1950s of several DC-area Unitarian

Universalist congregations. Families are invited to sit on blankets on the floor, picnic style as usual; tables and chairs will be set up for the older folks. The lunch tops off a weekend of special events, community work and fellowship. Watch the newsletter for more details.

Attendance at Spring "B": Teachers spend time, energy and effort organizing their classes. If you choose to sign up for Spring "B," your commitment to attend all sessions offered is expected and appreciated by our teachers and assistants and by fellow participants. Class locations will be posted in the upper stairwell at Chalice House and at the R E. administration table downstairs.

To Register: Complete the registration form on the next to last page by listing a first and second choice for each family member. Attach a check for materials as necessary. Registrations will be accepted on Sundays, March 30 and April 6 after both services, and in the R. E. office at any time, in person or by mail. Registrations will be processed in the order in which they are received.

Outdoor Classes: We have four good reasons for outdoor class participants to come to Spring "B" every Sunday, even when the weather is inclement. On arrival, check at the administration desk in the lower lobby for these options:

- Your class might meet anyway. Class cancellation is up to each leader - different weather conditions apply for each activity.
- Join the Rainy Day Movie Theater showing a different classic for all ages on rainy days.
- Come early for the camaraderie and Continental Breakfast at 9:15 a.m.
- Attend the regular worship service at 10:00 a.m. for inspiration from words, music, meditation, quiet space, flowers, friends and fellowship.

Note: All of the information in this brochure will be available on the CLUUC website.

2008 Spring "B" Classes and Activities

FOR OUR YOUNGEST ONES

Preschool Groups: All children must be registered. Children who have been attending the regular preschool classes register with the same group during Spring "B." Children take comfort in being with classmates whom they have come to know throughout the year.

All parents of preschoolers will be asked to contribute snacks. Watch for sign-up sheets on the bulletin boards outside the classrooms. Also, parents may be asked to assist if a teacher is absent. Some preschool classes may be combined if registration is low.

A. BABIES and TODDLERS

April Amberman and Tish King

Adults care for our youngest children, engaging them in activities stimulating for tots and babies: naps, snacks, stories and toys.

B. TWOS PLUS (Currently in Storytime)

April Amberman and Tish King

Nature activities, creative arts, stories and chalice lighting are the major activities for this age. Cupboards full of puzzles, toys and blocks, as well as outdoor play, add to their enjoyment.

C. THREES PLUS (Currently in Celebrating Me)

Leslie Carlson

Through songs, stories, crafts, games and outdoor play, children will make new acquaintances and strengthen their old friendships in a warm and supportive environment.

D. FOURS PLUS (Currently in Chalice Children)

Chris Black

The fours engage in stories and discussion combined with outdoor play, nature crafts, music and games.

ESPECIALLY FOR CHILDREN

(For additional opportunities for children, look under "Multi-Generational")

1. SOCCER FOR BEGINNERS

Marc Rifkind and Sarah Perry

Grades K to 3

Learn to dribble, pass and work as a team while we learn the rules and have fun playing some games.

2. WORKING WITH WOOD

John Haber and Barbara Falcigno

Grades K to 5 (Limited to 12)

MATERIALS FEE: \$12

Participants will build and decorate their own birdhouse from a kit. We will then walk around the church grounds to find the ideal spots to hang our birdhouses. If, on the other hand, you would rather take yours home, you may. Other activities will be arranged, time permitting. Parent participation encouraged.

3. ARTS AND CRAFTS CLASS

Amanda Pollak and Anne Ellis

Grades K-2

Choose from a variety of art supplies each week to make your own creations. Art supplies include construction paper, pipe cleaners, origami papers, glitter, cardboard, markers, chalk, scissors, paste,, clay. Leaders can suggest ideas or you can go on your own.

4. ACTING ON YOUR FEET

Nicolette Stearns

Grades 3 thru 6

Come join this fast-paced improvisational acting class. Develop quick thinking and creative problem solving skills, while playing fun drama games. Think "Whose line is it, anyway?"

5. KID'S CONTRAPTIONS, CONCOCTIONS AND CONCEPTS

Judy, Jim, Benjamin and Alex Laurenson

Grades 3-8

FEE: \$10

Does rock candy making, paper airplane racing, acorn and grass blade whistling, balloon animal etc. making, lean-to building, rubber bone making (from real bones!), old VCR, computer, etc dismantling/exploration, Recycle City building, mechanical game playing, slime making, and more sound like a fun way to spend five Sunday mornings? It does to us too, so please join us while we feed the creative talents of Cedar Lane youth and enjoy a variety of hands-on science, engineering and just plain fun.

ESPECIALLY FOR TEENS

(For additional opportunities for teens - look under "Multi-Generational" and "Youth and Adult.")

6. WRITING HUMOR

Jon Mathis

Grades 5 to 12

Are you the kid who cracks up everyone in class, or would you like to be? Do you watch shows like SpongeBob Squarepants or Saturday Night Live and think, "I could write that!" Jon Mathis, co-author of nationally-published humor books, will show you how to write jokes, parodies, skits, top ten lists, and more. We will review examples of humor ranging from classic jokes to Warner Brothers cartoons. We'll also write and submit an entry to the New Yorker cartoon caption contest every week. The class will write and perform a very short skit for the Spring "B" picnic. You'll learn you can say almost anything with humor -- and make people listen. You'll even find out what to say when your teacher tells you to "stop being funny in school."

MULTI-GENERATIONAL

7. HAND DRUMMING

Chris Mauro

All Ages (children in Grade 2 and under with a parent)

This class will cover the basics of hand drumming and playing percussion instruments. Understanding rhythms and playing together will be emphasized. Some instruments will be available, but please bring your own if you have them.

8. GREAT WALKS

Dave Haaga and Amanda Garzon

All Ages (children in grade 4 and under with an adult; older children alone require a parental permission form.)

Experience springtime in the great outdoors. Each Sunday we will lead a brisk walk in an area near the church, including the Rock Creek Park Hiker-Biker Trail. Walks will be designed to last only as long as Spring "B" classes, so you can enjoy the great outdoors while your family takes other classes.

9. KNITTING

Dave Hawver and Pam Yarrington

Grade 3 to Adult

Come and learn to knit; it's not hard, and it's fun! If you're already a knitter, bring in your current project (or the one you put aside a few years ago) to work on and share your experience with others. Bring your favorite knitting needles - beginners should start with #8s or larger, 10 inches maximum length, and light colored knitting - worsted or acrylic - yarn.

10. SOFTBALL

Bob Ratcliffe, Greg Madden and Celia Nathan

Grade 3 to Adult

Be an angel in our outfield! Here is a chance to improve your playing skills and get a great workout. It is just plain fun. You can't strike out!

11. THINKING GREEN: OPPORTUNITIES TO LOVE THE EARTH

Charlotte Brewer and Molly Hauck

Grade 3 to Adult (children must be with parents)
Five Sundays to learn about our environment and what we need to do now to protect it.

April 20: Are you a Carbon Big Foot? with Mary Somers. An interactive, intergenerational class; learn about our choices to help save our planet.

April 27: Carol Zachary and Jon Axelrod invite you for breakfast and to see & discuss their solar roof and hot water heater.

May 4:- Marney Bruce will show a film, discuss (with tasty demos) our food's source, health and sustainability.

May 11 and 18: With good weather we'll clean Rock Creek and enjoy an organic picnic with Judi Chamberlain and Bill King. And on the other Sunday David Jones and Judi will show the film "Kilowatt Ours" and help you calculate your Carbon Footprint.

YOUTH AND ADULTS

12. GUITAR FOR ABSOLUTE BEGINNERS

Liz and Allen Brinker

Age 13 to Adult (Limited to 10)

If you have never played the guitar before, but have one sitting around, this is the class for you! We will cover the absolute basics for getting started playing chords and strumming. No book required. Please bring a guitar to all class sessions. A pitch pipe or tuner would also be helpful, but is not mandatory.

13. BEADING CLASS FOR BEGINNERS AND INTERMEDIATES

Barbara Mazer

Minimum age is 12 years old (Limited to 10)

MATERIALS FEE: \$15

Create something special for yourself and/or loved ones. You can also bring in a favorite piece of jewelry that needs to be repaired. The goal for each class is

to finish one project. Projects will include necklaces, bracelets, ankle bracelets, earrings and bookmarks. Lots of beads will be provided by the instructor, but you are also welcomed to bring your own. Basic stringing techniques, fastening clasps, working with metal findings for earrings will be discussed. This will be a great class for parents and children to work on projects together. Barbara Mazer is a Cedar Lane member who loves to make jewelry when time allows.

14. ULTIMATE FRISBEE

Keith Levchenko

Grade 7 to Adult

Ultimate frisbee is similar to soccer, but played with a frisbee. There is lots of running, laughter and an invigorating workout in this multi-generational group. Wear comfortable clothing and athletic shoes. No prior experience is necessary.

15. UNFINISHED BUSINESS

Debbie Goodwin

Grade 7 to Adult

We give you 75 minutes of uninterrupted bliss to work on a craft project you began in 1972, a model freight car you started in 1983, your youngest child's baby book, the box of photos under your bed, or your garden plan. Join us for lively chat and the opportunity to meet other Cedar Laners.

16. YOGA WORKSHOP

Mitzi Likar

Grade 8 to Adult (Limited to 18)

A gentle yoga class for beginners and intermediate yoga students, aimed at improving your flexibility, strength, and ability to relax. Please wear comfortable clothing, and bring a yoga mat, a blanket, and other yoga props such as blocks or straps if you have them.

17. WRITE NOW!

Candace Haaga

Grade 8 to Adult (Limited to 10)

Calling all writers: beginner, advanced, or yearning to start. Explore your creative writing urges in an

encouraging environment. We'll do brief exercises with free writing, prompts, relaxation methods, managing your Inner Critic, and generating ideas. This is not about learning grammar, spelling, genre or form. Our focus is on stretching your writing muscles and enjoying your creativity.

18. QUILTING

David Yano

Grade 9 to Adult

Join other quilters and would-be quilters to learn the skill of piecing quilt blocks. Make a quilt of your own or help with the quilt for the auditorium stage.

19. LITERATURE AND LOVE SUMMER SERVICE, JULY 8, 2008

Duncan Ferguson and Pat Karlsen

Grade 9 to Adult (Limited to 8)

Have you been touched or inspired by a literary passage or poem that speaks about love? Has some truth about love been revealed to you through literature? Help plan and produce this unique and exciting summer service. Everyone will have the opportunity to read and/or comment on passages to be read during the service. Bring prose or poetry that in some way touches on love, and that you might want to share with the congregation. Any/all types of love are relevant: romantic, parental, self, brotherly/sisterly, friendship, love of work, nature/earth, spirit/god, place/country/culture, animals, beauty, art....

20. EVERYTHING AUTOMOTIVE

Martin Franke

Grade 10 to Adult

If you have always wondered what the green/brown/ orange puddle under your car was, this is the class for you. Would you like to learn how to change a tire, or know what the guys at the Quickie Lube really do to your car for \$29.95? During the first two Sundays, we will cover basic car care; the last three Sundays we will cover subjects the class would like to focus on.

21. THE YOUNG ADULTS' GUIDE TO THE FINANCIAL UNIVERSE

Carol Bertaut and Stew Grubman

Ages 16 and up

Young adults and teens soon off to college, this class is for you! Carol Bertaut (Federal Reserve economist) and Stew Grubman (CPA, successful businessman and a very funny guy) will walk you through the basics of dealing with money as you go off on your own. What kind of credit card should I get (and how should I handle my credit card purchases)? Should I pay off my loans now? How do I save for the future? What is a reasonable interest rate? Should I rent or buy? What about taxes? Stew and Carol will answer your questions and share their expertise about money. Not-so-young adults are welcome too!

ADULTS ONLY

22. SINGLE PARENTING

Julia Philipp and Robin Hirschhorn

Adults (Limited to 15)

New to single parenting? Interested in knowing what other Cedar Laners are doing to adapt to the challenges of being a successful single parent? This discussion group will explore topics such as: finding affordable child care, co-parenting, encouraging our children's academic and social development, dealing with financial pressures and taking care of our own physical and social well-being. The group will be led by Julia Philipp, a resourceful, Ivy-educated Cedar Laner who is not a licensed social worker or therapist.

23. PLAY BRIDGE!

Andy Wilson

Grade 9 to Adult

Come in, sit down and let's play. Our instructor is available to help you with your bidding and other aspects of the game. (Not for beginners)

Spring "B" 2008 Registration Form

FAMILY SURNAME(S) _____ HOME PHONE _____

Please fill out a separate registration for each person registering. If a parent and a child will be taking a class together, please complete a separate registration for each of them. Fill out each section completely to ensure placement. Attach your check for materials fees, if necessary. Thank you and have fun!

NAME _____ HOME PHONE _____
CLASS PREFERENCE: 1st # _____ 2nd # _____

If a registrant is a child/youth: GRADE: _____ PARENTS' NAMES: _____

EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

NAME _____ HOME PHONE _____
CLASS PREFERENCE: 1st # _____ 2nd # _____

If a registrant is a child/youth: GRADE: _____ PARENTS' NAMES: _____

EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

NAME _____ HOME PHONE _____
CLASS PREFERENCE: 1st # _____ 2nd # _____

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EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

NAME _____ HOME PHONE _____

CLASS PREFERENCE: 1st # _____ 2nd # _____

If a registrant is a child/youth: GRADE: _____ PARENTS' NAMES: _____

EMAIL _____ MATERIALS FEE (IF APPLICABLE) _____

METAMORPHOSIS

Always it happens when we are not there -
The tree leaps up alive into the air,
Small open parasols of Chinese green
Wave on each twig. But who has even seen
The latch sprung, the bud as it burst?
Spring always manages to get there first.

Lovers of wind, who will have been aware
Of a faint stirring in the empty air,
Look up one day through a dissolving screen
To find no star, but this multiplied green,
Shadow on shadow, singing sweet and clear.
Listen, lovers of wind, the leaves are here!

- May Sarton

CEDAR LANE UNITARIAN UNIVERSALIST CHURCH

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The Rev. Susan Archer Minister of Religious Ed.

The Rev. Heather Janules Assistant Minister

The Rev. Kenneth Torquil MacLean Minister Emeritus

The Rev. Roberta M. Nelson Minister Emerita

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